

Flex Therapist CEUs

Organ Transplantation - Role of Physical Therapy

1. What intervention should a PT focus on with a patient who has transferred with minimum assistance of one on the third day after a heart transplant?

- A. Seated Exercises
 - B. Sit to Stands
 - C. Community Ambulation
 - D. Short Distance Ambulation
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2. What qualifies a person to have stage four heart failure per the New York Heart Association?

- A. Angina with Exertion
 - B. Angina while Sitting
 - C. Angina while Walking
 - D. None of These
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3. What might a patient with a fever and high respiratory rate be experiencing eight weeks after a lung transplant?

- A. Chronic Rejection
 - B. Myocardial Infarction
 - C. Poor Tolerance to Activity
 - D. COPD Exacerbation
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4. Which assessment item is the best to capture community mobility and endurance?

- A. DGI
 - B. FGA
 - C. Berg
 - D. 6MWT
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5. Which organ transplantation is the most common in the United States?

- A. Kidney
 - B. Heart
 - C. Liver
 - D. Lung
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6. Which vital response would be concerning in a treatment of a patient six weeks post operative from a heart transplant in home health?

- A. Heart Rate of 85 while Ambulating
 - B. Heart Rate of 50 while Resting
 - C. Blood Pressure of 80/44 post Ambulation
 - D. Blood Pressure of 150/77 after Ambulation
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7. What strength measure would best capture functional strength in a patient one week after a liver transplant?

- A. Five Time Sit to Stand
 - B. Manual Muscle Test of the Quadriceps
 - C. Berg
 - D. TUG
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8. UNOS plays which of the following roles in organ transplantation?

- A. Procurement of Organs
 - B. Transplantation List
 - C. Determining Necessity for Organs
 - D. All of the Above
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9. Which PT balance test may capture fall risk in a patient on post operative day five from a kidney transplant who needs minimum assistance to ambulate?

- A. Berg
 - B. DGI
 - C. FGA
 - D. TUG
-

10. What is the most common reason one would need a liver transplant?

- A. Hepatitis
 - B. Cirrhosis
 - C. Ascites
 - D. Jaundice
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11. Which of the following is a key to success in all transplantation rehabilitation?

- A. Achieving Goals as Quickly as Possible
 - B. Family Support
 - C. Achieving Normal Strength in Three Weeks
 - D. None of These
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12. What intervention should a PT prioritize for a patient in the ICU who has not been mobilized on day two after a heart transplantation?

- A. Bed Mobility
 - B. Core Strengthening Exercises
 - C. Positioning Program with Wedges
 - D. Both A and C
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13. What represents a precaution in working with all patients post organ transplantation?

- A. Sternal Precautions
 - B. Spreading Disease to Immunocompromised
 - C. Airborne Precautions
 - D. Standard Precautions
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14. What complication is a patient who has not mobilized in three days after a kidney transplant at risk of?

- A. Rejection
 - B. Infection
 - C. Pulmonary Embolism
 - D. Myocardial Infarction
-

15. If a patient achieves 395 meters on the 6MWT two months after their transplant, what does this indicate?

- A. Normal Test
 - B. Slightly Impaired Gait Speed
 - C. Debility
 - D. Safe Community Ambulation
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16. Which of the following is not a characteristic of someone who is frail?

- A. Walking Speed of 0.6 m/sec
 - B. Intentional Weight Loss of 15 Pounds
 - C. Grip Strength in the 5th Percentile
 - D. Self Reported Exhaustion of Less than Two Days Per Week
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17. What consideration should a PT take into account when evaluating a patient post lung transplant in the ICU?

- A. Immunocompromised
- B. Sternal Precautions
- C. Vitals

D. All of the Above

18. Which strength exercise parameter is appropriate for a patient three months from their liver transplantation surgery?

- A. Three Sets of Eight Squats
 - B. Five Sets of Two Squats
 - C. Four Sets of Twenty Lunges
 - D. Two Sets of Five Lunges
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19. Which condition may require other forms of treatment besides lung replacement?

- A. Lung Cancer
 - B. Pulmonary Fibrosis
 - C. Cystic Fibrosis
 - D. COPD
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20. What standardized measure might a PT ask to gain insight on the difficulty of an aerobic exercise task to a patient in a skilled nursing setting?

- A. Pain Rating
 - B. RPE
 - C. Exertion Rating
 - D. Difficulty Rating
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